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Methods of Coaching II

Planning Tools for Training and Competition



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The successful candidate will:

Primary	Design and deliver an appropriate, reality based, progressive four-stage training session
Secondary	Understand and describe key factors which influence learning effectiveness in the training environment (Number of players, grid size, use of goals, etc.)
	Understand, describe, and compare the strengths and weaknesses of the different feedback modalities (the Coach's Toolkit)



IMPORTANT NOTES FOR INSTRUCTORS:

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The skillful coach constantly assesses and manipulates the environment, thus challenging and stimulating players to find creative solutions



- **STOP – FREEZE**
- **NATURAL STOPPAGE**
- **FLOW – CONTINUOUS ACTIVITY**
- **INDIVIDUAL REFERENCE**



**The skillful coach constantly
challenges and stimulates players
to find creative solutions.**

ATHLETE-CENTERED

TEACHING METHOD SPECTRUM

COACH-CENTERED



- **COMMAND & DIRECT**
- **QUESTION & ANSWER**
- **GUIDED QUESTION**
- **EXPERIMENTATION**

METHODS OF COACHING

GENERAL PROGRESSION



I. WARM-UP – II. SMALL-SIDED ACTIVITY – III. EXPANDED ACTIVITY - IV. MATCH

GENERAL TACTICS

INDIVIDUAL FUNCTIONS

PHYSICAL PREPARATION

CONTROLLED VARIABLES

REGIONS OF FIELD

MODIFIED COMPETITION

FUNCTIONAL TACTICS

GROUP FUNCTIONS

MATCH DEMAND

MATCH VARIATIONS

FULL FIELD

FIFA RULES

AGE-APPROPRIATE ACTIVITIES

U.S. SOCCER “D” COURSE

METHODS II: PLANNING



Name: Team:

Date: Mesocycle: Microcycle/Day:

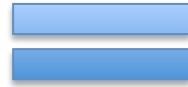
TRAINING OBJECTIVE(S):

Single Training Session TEACHING PROGRESSION

	I. WARM-UP Duration: Intensity: Intervals: Activity Time: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players)
	COACHING POINTS / KEY CONCEPTS
	II. SMALL-SIDED ACTIVITY Duration: Intensity: Intervals: Activity Time: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players)
	COACHING POINTS / KEY CONCEPTS
	III. EXPANDED ACTIVITY Duration: Intensity: Intervals: Activity Time: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players)
	COACHING POINTS / KEY CONCEPTS
	IV. GAME Duration: Intensity: Intervals: Activity Time: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players)
	COACHING POINTS / KEY CONCEPTS

METHODS OF COACHING II

Diagramming An Activity



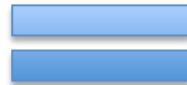
Your team/players
Always going up



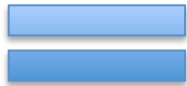
Opponent
Always going down



Symbol for passing



Symbol for dribbling



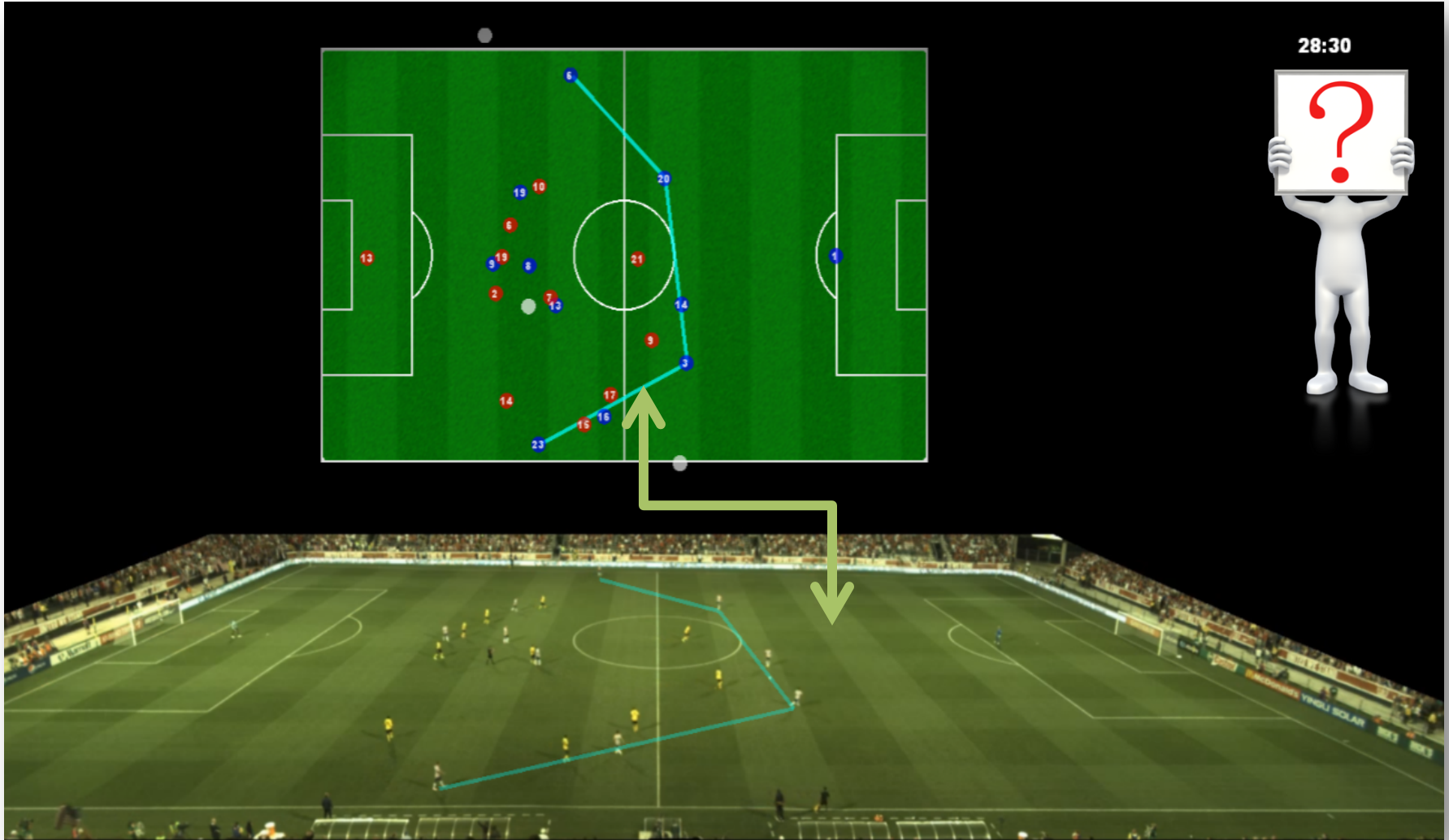
Symbol for player movement



Symbol for tactical movement of
one player



REALITY-BASED ANALYSIS



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Reality Based Training Session should have:

1. Reality Based Activities (direction, related field location)
2. Connection (warm-up to the training game)
3. Functional Groups (At least 1 full line)
4. Small Sided Activity=must introduce pressure, direction, and may have one large goal.
5. Expanded Small Sided Activity is directional, at least one large goal and related to the area of field. Offside law is in effect.
6. Final Game=7v7 to 9v9

METHODS OF COACHING II

Training Objectives



Name:

Pete Moss

Team:

US Soccer D Team

Date:

Today

Mesocycle

Microcycle/Day:

Tuesday



TRAINING OBJECTIVES:

Topic: Improve the team's ability to build up from the defensive half

Who? 1, 2, 3, 4, 5, 6, 8

Where: Defending and middle thirds of the field

When: After securing possession or opponent has dropped off to defend

What: Passing with the inside and outside of the foot, weight, and accuracy. Receiving-optimizing vision.

Why:

To improve on passes to related players in the defending half of the field.

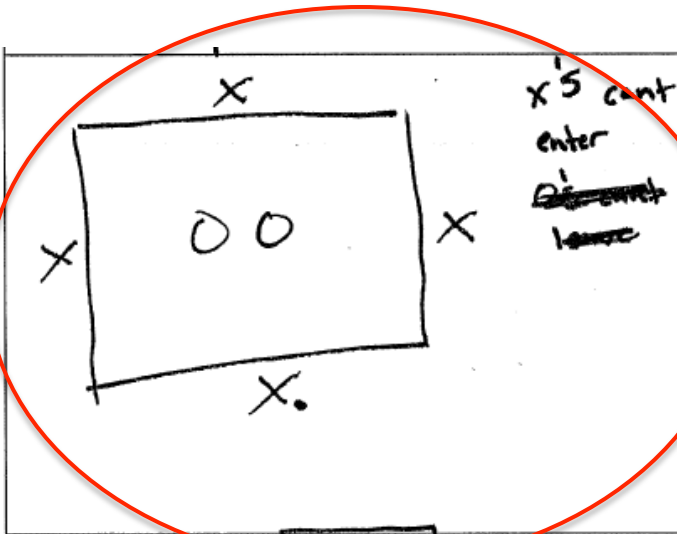
To improve how the team will build up when the opponent is dropping off to defend later.

To improve on understanding safety vs. in the defending half of the field.



Incorrect Activity Example

Topic: Improve the Ability to Build Up From the Defensive Half



II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 20

INTENSITY: MED

INTERVALS: 6

WORK:REST 3

ORGANIZATION (Physical Environment / Equipment / Players)

25x30 grid. 4 attackers outside, 2 defenders inside, keep away. 1 point for every 4 passes, 2 points for every split, 1 def point for steals

COACHING POINTS / KEY CONCEPTS:

first touch, into space, good supportive movement, receiving across your body, head up, looking around. don't play to where you think he is or where he was last time.

How does this reflect “reality” based training?

It represents 360* training. Build up should be directional.

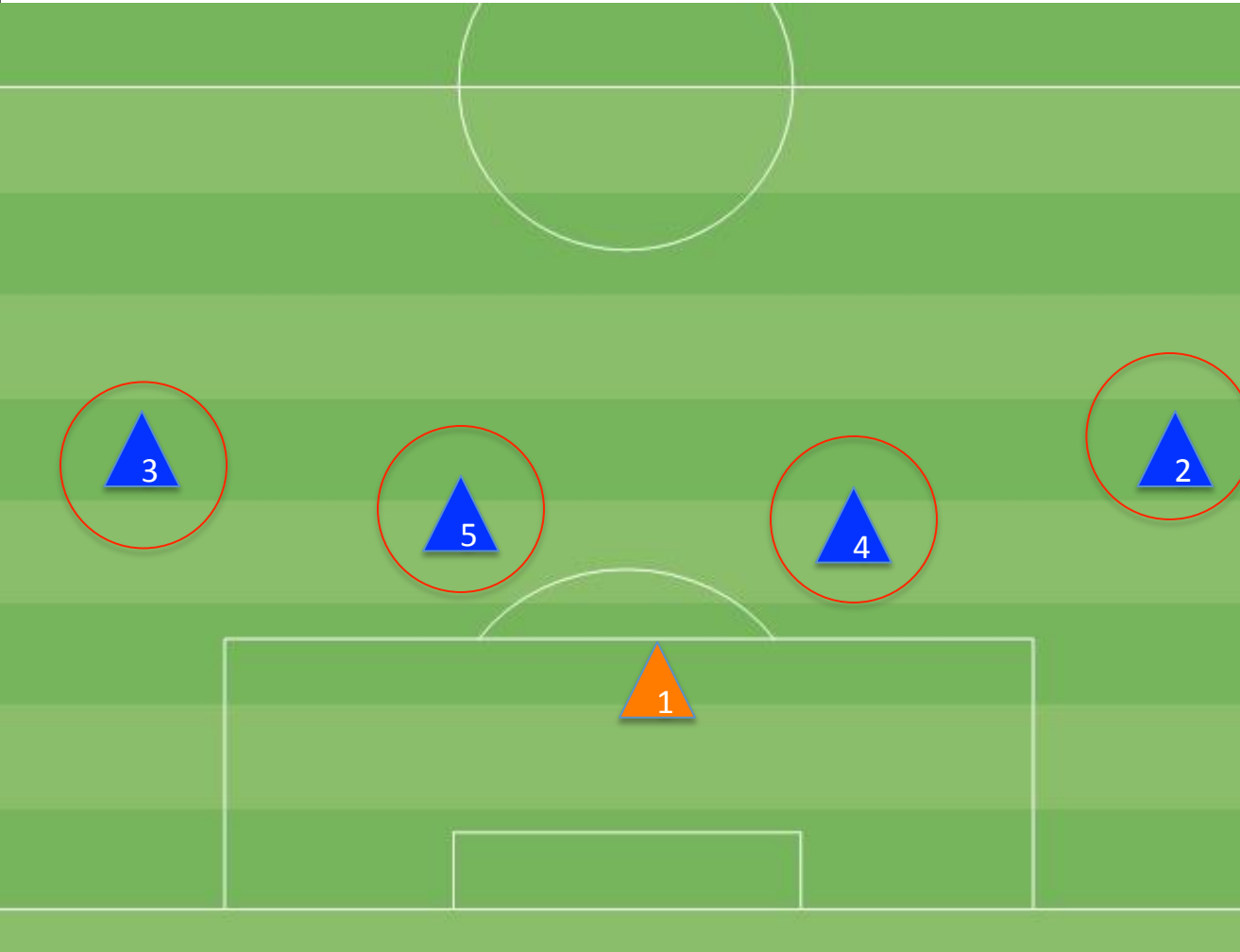
What “functional groups” are playing together?

What area of the field?

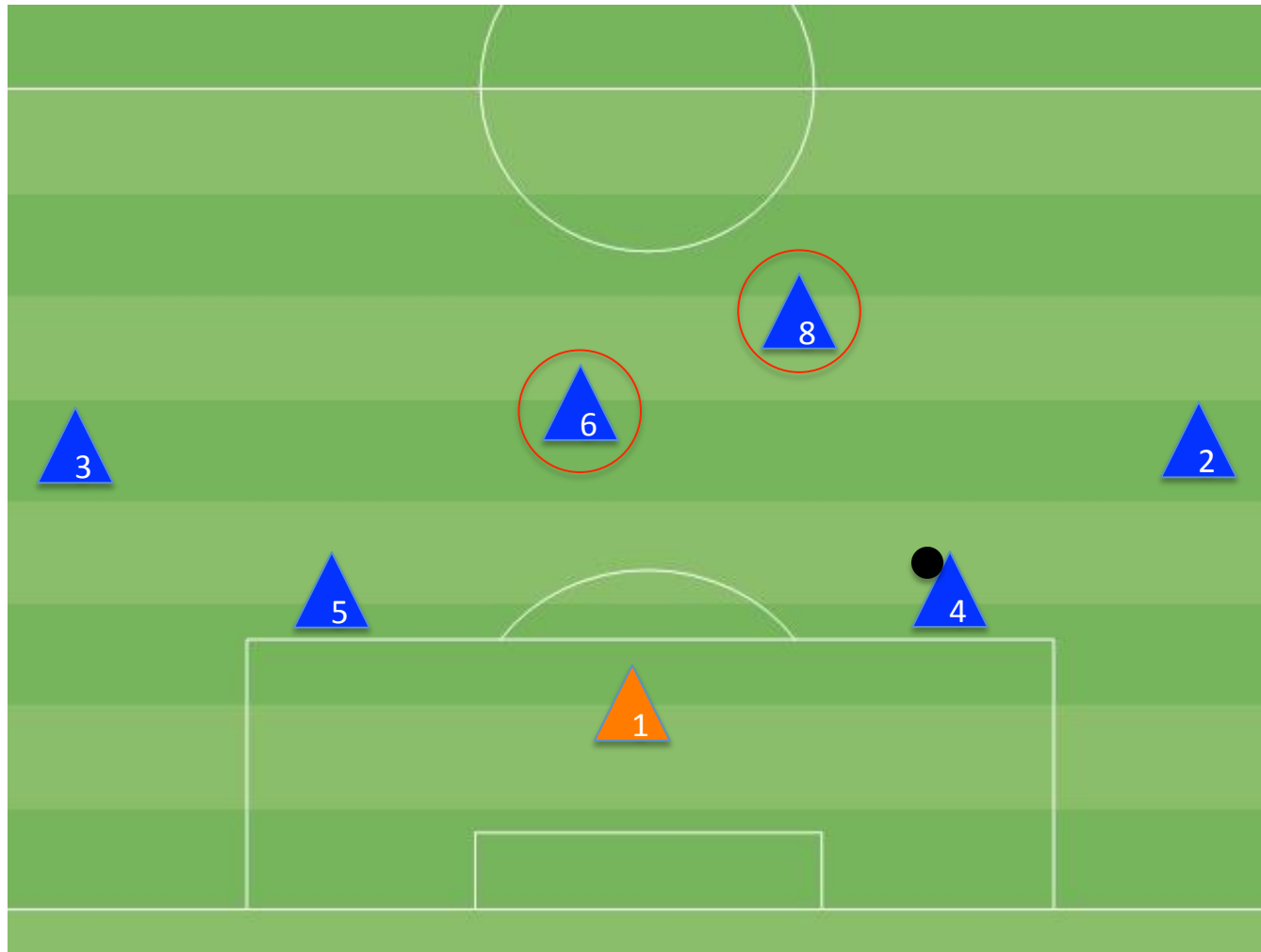


**Identify at least one
full line**

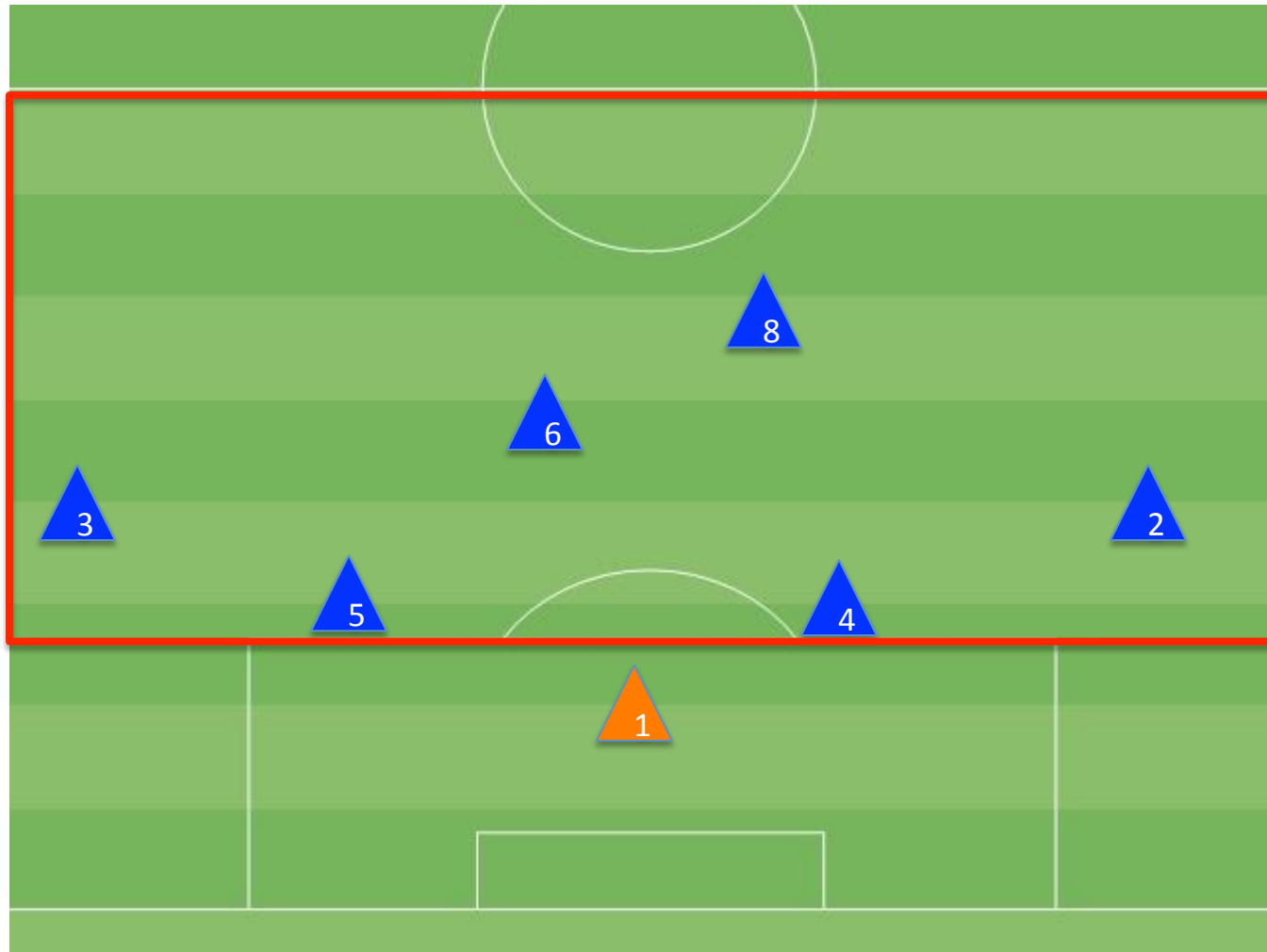
**Topic:
Building up from the
defensive half of the
field.**



Who Else?



Where?



When?







Example: Ball must touch everyone in middle before going out wide to #7 or #11



Blue=Score by passing ball into small goal on ground.

Red=Score by getting ball to goalkeeper's hands (ground or aerial)

#1-Should aid Blue team in build up.

How long is this activity?

What?



Passing:

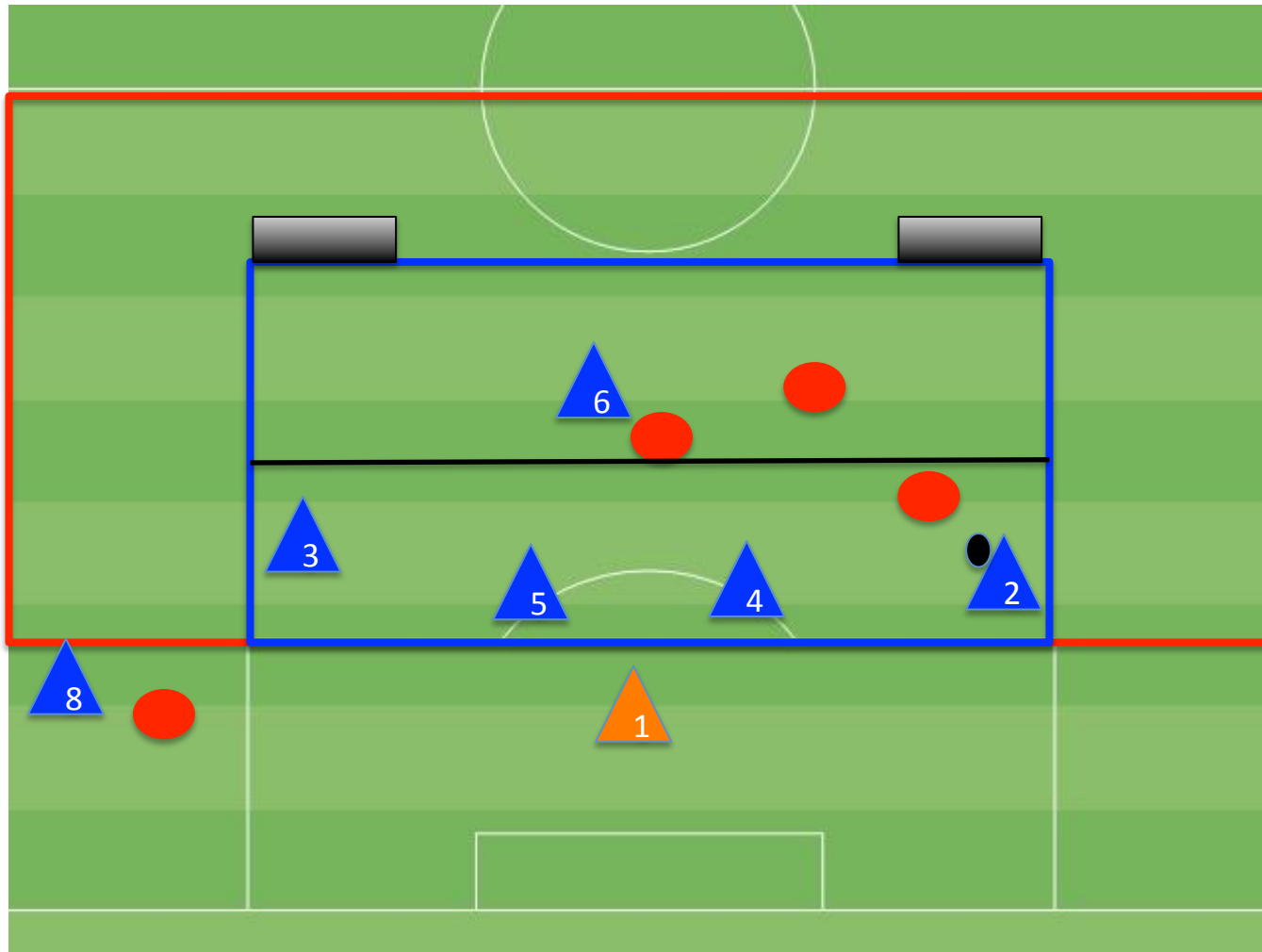
- Short Range
- Intermediate Range
- Long Range
- Accuracy
- Pace

Receiving

- Optimize Vision
- Safe Touch

Decisions

Safety vs. Risk



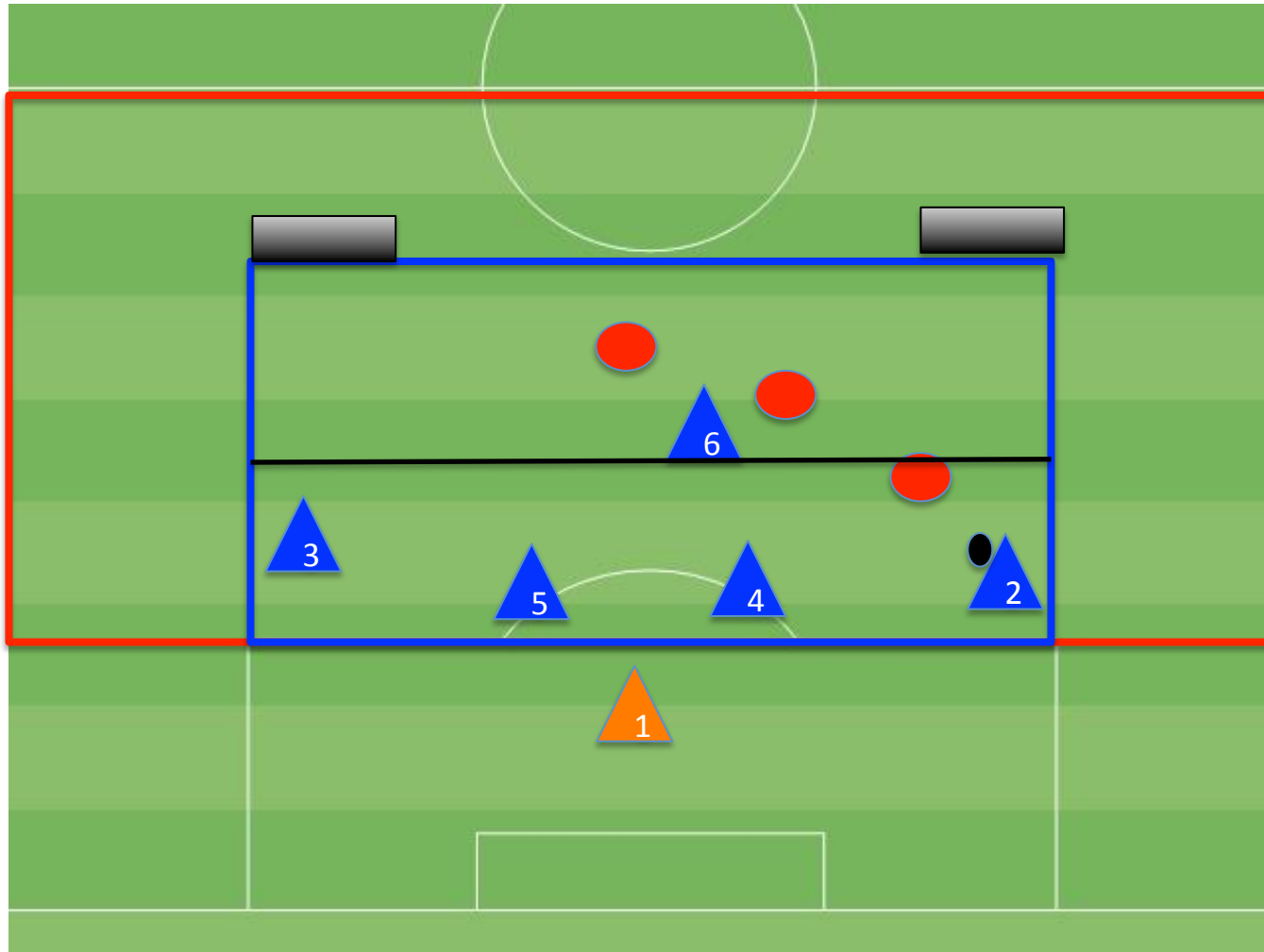
What?



Safety

vs

Risk



Expanded Small Sided Activity



Activity:

7v6 to small goals

Blue=Score by passing ball into small goals. If scores on all three goals by the end of time-Bonus Points

Red=Attack Blue team's large goal.

How long is this activity?





Activity:

7v7-9v9 to small goals

NO RESTRICTIONS!

Note: the 9 in blue could also be a #10

How long is this activity?



Use The Content Guide for Your Topics



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Coaching Topic
Content and Detail
Candidate Guide

Topic: Improve your team's ability to create build up through the midfield

Who?

Players: 4, 5, 6, 8, 9, 10 Primarily
7, 11, 2, 3 Indirectly

Based on a 1-4-3-3
system

Where?

- End of defending third through middle third into the attacking third.
- Middle channels of attacking half
- Middle channels of defending half
- Wide channels of attacking and defending half

When?

- In build up phase in defending third of the field
- Numerical superiority in middle channel of middle third is present.
- Transition stage in middle third.

Why?

- To achieve effective penetration into the attacking third efficiently.
- To assist in creating goal scoring chances.
- To maximize play-maker abilities (#10)
- To improve starting positions to help stay compact as a team when in the build up phase.

What?

- Mobility of the midfield players (#10, #8, #6)
- Penetrating passes when possible to #10 or #9
- Combination play (#6, #8, #10, #9)
- Support angles around the ball in the middle channels to create combination play
- Depth created by #4 and #5
- Visual cue of when to “go through” the opponent is favorable.
- Rhythm of play to help pull opposition to create mobility for the team.
- Speed when playing through the middle channels.
- Taking a “half-touch” when in the middle channel of the middle third.
- Accuracy of passing from #4, #5, #6, #8, #10
- Shape of midfielders #6, #8, #10

How?

- Techniques of passing: push, driven, bent, disguise
- Technique of re-directing aerial and ground balls.
- Re-directing and turning the ball in one motion
- Body shape prior to receiving a pass.
- Techniques of dribbling: running with the ball and turning